



GOVERNMENT OF  
THE VIRGIN ISLANDS OF THE UNITED STATES

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**DEPARTMENT OF SPORTS, PARKS AND RECREATION**

3000 LBJ GARDENS  
CHRISTIANSTED, ST. CROIX, USVI 00820



OFFICE OF  
THE COMMISSIONER

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Helo to all,

I pray this message finds everyone in great spirits! On behalf of the Department of Sports, Parks & Recreation who srategically partnered with the Division of Personnel, we are thrilled to have each of you as apticipants in our first annual Battle of the Agencies Fitness Challenge.

There are a few things that I must adress prior to the event. Please make sure all team members are appropriately dressed in athletic clothing. Please wear sneakers, hats if u need to, shades, sunblock, appropiate socks, pants and shirts. Agencies with more than one team cannot wear the same color shirt for both teams. Our department must be able to diffrentiate between team A&B . In order to prevent any rope burns or marks on one's hand from the tug-o-war and tire flip challenges, it is strongly recommended that your team wear gloves. The department will NOT provide this. It is the responsibilty of teams to do so if they wish. Additionally, please walk with a change of clothes, It is needed. Agency heads or representatives must partake in at least one event.

All teams MUST report to the bleachers at the D.C Cangata Ballpark for 7am, Instructions and a briefing of the day will be given. The Good Moring relay race will begin at 7:30am and at 9 am we will have our opening ceremonies, Invocation and remarks. Following the opening ceremonies in order will be the Tire Flip, three legged race, double dutch, tricycle race, tug-o- war ending with the obstacle course. Only the 5 top teams make it to the obstacle course. Of that, only the top three teams will receive trophies with the 1<sup>st</sup> place agency walking away with the top trophy and ultimate bragging rights.

The fitness challenge will consist of these seven different components:

- 6 Person Relay Race(3 females/3 males)
- Tricycle Relay Race(2 females/2males)
- Three Legged Race (2 females/2males)
- Water Run (2 females/1 male)
- Double Dutch (2 females/1male)
- Tire Flip (6 ppl-at least 2 females)
- Obstacle Course (Top 5 teams will participate in the finals-2 females/2males)

I look forward to seeing everyone, 7am , bright and early at the D.C Canegeta Ballpark. We begin promptly at 7 am eastern standard time. If your team is not ready to go, we will begin with the teams we have and for that event and no points will be given. Between challenges there will be fun demonstrations and there will be vendors selling healthy foods and Omega Rising clothing Apparell on site also there will be free CIGNA health screening and nurses that will be there to answer and assit any health related questions or concerns.

For any further questions please feel free to contact me via email, [caritastevens@yahoo.com](mailto:caritastevens@yahoo.com) or 340.244-1924,340.773-0160

Warmest Regards,  
Carita Stevens,  
Youth Community Coordinator

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